CLAIMS

1. A method for producing fried instant noodles, comprising heating noodles in an oil/fat composition comprising at least 50 wt.% of diglycerides.

2. The method of claim 1, wherein said oil/fat composition comprises at least 60 wt.% of diglycerides.

3. The method of claim 1, wherein said oil/fat composition comprises at least 65 wt.% of diglycerides.

4. The method of claim 1, wherein said oil/fat composition comprises at least 70 wt.% of diglycerides.

5. The method of claim 1, wherein said diglyceride contains acyl groups having 8 to 24 carbon atoms.

6. The method of claim 1, wherein said diglyceride contains acyl groups having 16 to 22 carbon atoms.

7. The method of claim 1, wherein said diglyceride contains at least 70 % unsaturated acyl groups of the whole constituent acyl groups.

8. The method of claim 1, wherein said noodle comprises 0.001 to 1 % by weight of an antioxidant.

9. The method of claim 8, wherein said antioxidant is selected from the group consisting of vitamin E, ascorbic acid, a higher fatty acid ester of ascorbic acid, catechin, rosemary and a mixture thereof.

10. The method of claim 8, wherein said antioxidant is ascorbic palmitate.

11. The method of claim 1, wherein said oil/fat composition is at a temperature of from 120 to 160 °C.

12. The method of claim 1, wherein said oil/fat composition is at a temperature of from 130 to 150 °C.

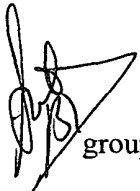13. The method of claim 1, wherein heating is conducted for a time of from 0.3 to 5 minutes.

14. The method of claim 1, wherein heating is conducted for a time of from 0.5 to 3 minutes.

15. The method of claim 1, wherein said noodles are comprised of flour, a noodle quality improver, a thickening polysaccharide and egg powder.

16. The method of claim 1, wherein said noodles are prepared by the steps comprising:
   i) preparing a dough from raw materials,
   ii) laminating said dough;
   iii) rolling said dough;
   iv) sheeting said dough;
   v) slitting said dough to form noodle strands;
   vi) steam heating said noodle strands of step v); and
   vii) molding steam heated noodles of step vi).

17. The method of claim 15, wherein said flour is selected from the group consisting of wheat flour, buckwheat flour and a mixture thereof.

18. The method of claim 1, wherein said fried instant noodles are selected from the group consisting of *udon* noodles, *soba* noodles, *ramen* noodles and pasta.

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19. A method of preparing instant noodles comprising:

i) heating noodles in an oil/fat composition comprising at least 50 wt.% of diglycerides to form fried instant noodles; and

ii) reconstituting said fried instant noodles with water.

5   20. Fried instant noodles obtained by the process of claim 1.